

Lincoln County School District
Outdoor Athletic Facility Reopening Strength and Conditioning Workouts
Season 1: Stage 1

We believe athletics and activities in the Lincoln County School District focus on encouraging all programs to create a positive culture and community by developing character, sportsmanship, work ethic, and pride for all participants.

Lincoln County School District will be reopening their high school athletic fields for strength and conditioning workouts beginning October 12th for all incoming 9-12th graders under the following guidelines:

1. Student-athletes are not to be in groups larger than 20. Two coaches must be present during a workout. All blueprint guidance (6 ft) on pod spacing must be followed. Upon beginning the workout, students will use hand sanitizer provided by LCSD. Entry and exit to and from the field will be done through different gates.
2. The only equipment that will be allowed will be issued to each individual student and not shared. If a student forgets their assigned and provided equipment, they will go without equipment that day.
3. All athletes and coaches must maintain **6ft social distancing at all times**. There are to be no team/group huddles, yells, or physical celebrations. All coaches and students will wear a face mask.
4. All athletes must pass a visual screen on site and have Remind confirmation or dated and signed note from a parent/guardian each day that answers the daily screening questions for participation.
5. Students assigned to a group may not mix with other groups during the two week program. Once a student athlete is assigned to a slot, that is their slot with those same student athletes for the two week workout period. To make this work, it is recommended that coaches work together to develop area specific workout programs to accommodate student schedules and help all students and not just students within a particular program.
6. Workouts **will not exceed 40 minutes** per group. At least 20 minutes must be maintained between workout groups to be sure students can get in their car and go home before the next group arrives.
7. Due to gathering limitations, parents are not allowed on the field, in the stadium, or on the track. Parents need to wait in their cars for their student-athlete to finish or come back to pick them up.
8. Bathrooms, locker rooms, and the building will not be open during outdoor strength and conditioning. Students are not to find their own locations to use the restroom. If student-athletes need to use the restroom, they will need to end their

workout and go home to use the restroom. If staff members need to use the restroom, they may use the staff available bathroom in the building but may not leave students unattended.

9. Only LCSD facilities will be used for this initial two-week workout period. The fields will be locked when not in use for strength and conditioning workouts. (If a team needs to be offsite for a strength and conditioning work out, such as cross country, the route must be pre approved by the athletic director.)
10. Whistles are not to be used. Only artificial noisemakers/alarms will be used to gain the attention of student-athletes.
11. Parent/Guardian acknowledgment of these rules, via Google forms, is required for all student-athletes to participate. All LCSD/OSAA athletic participation paperwork must be completed for coaches and student-athletes to participate in Season 1 and/or any subsequent season.
12. No other LCSD sponsored and coach-led or developed off-site workouts will be allowed. All workouts must be done on campus following these guidelines (with the exception of cross country). At home workouts are allowed.
13. Student-athletes will be required to bring their own water bottles. Bottles will not be refilled and water will not be provided. Students without water will not be able to participate in the daily workout.
14. Administrators will actively schedule, monitor, and support the implementation of these expectations and be present.
15. As county phases and CDC/OHA/ODE/OSAA/PACE guidelines change, LCSD will continue to evaluate the further opening of facilities for Season 1 workouts.

CORE VALUES

Character Development	Sportsmanship	Work Ethic	Pride	Community Involvement
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